



LARC



Volume 55, Number 8

ACADIANA AMATEUR RADIO ASSOCIATION, INC..

AUGUST 2015

President's Message "Capability"

Over the last couple of years, the club has undergone a few changes in an effort to give the club more reliability with respect to support equipment. Some of these changes include the retirement of AMOS and the upgrades to the Antenna Trailer. Through the hard work of Glen KF5FNP, Larry KE5KJD, and others involved with the project, the antenna trailer is a vast improvement over its previous incarnation and proved itself at Field Day. There are a couple of additional upgrades that are planned and those will be coming in the near future. In addition, the small Honda generator the club invested in, provides us with enough power to run all club radios in a portable environment, is easier to transport, and more reliable than the older equipment it replaced. The older equipment served the club well in the past, but with anything of a mechanical nature, age takes its toll, and at some point must be repaired or replaced to ensure our capabilities.

The AARA's cooperation with Red Cross is a benefit to both and our continued cooperation will be of great benefit to the AARA and its members. As the ideas come to fruition, the club will be able to do things with greater ease than in the past, and possibly allow us to do things we were not able to do in the past. The more work days held and the more participation involved will get us there much sooner.

The future addition of the UHF repeater to the AARA's repeater group will not only provide an additional repeater for operators in the area to use, but the potential to connect it to the Louisiana Link System will increase the functionality of this system by filling a void in our area. We not only enhance our capability, but the capability of this statewide system.

Through the next year, we will continue to look for ways to improve club capability by clearing out dormant inventory, repurposing items that are still functional, and, if necessary, discuss the acquisition of additional equipment that fits the need. We will also look to increase club activities to allow members to share or improve their skills and be a valuable resource for new operators. The more capable the club is, the more we can do. The more we can do, the more opportunity you will have to be an active club member.

Mark
W5GTI
AARA President

AARA Emcomm Workshop

A few of us fellow AARA members would like to hold a workshop introducing, reviewing and practicing Emergency Communications.

If you are interested in Emergency Communications and associated aspects like, Digital Comms, NVIS, portable antennas, Go-Kits, etc. just show up. Each workshop will build upon the other and hopefully establish a uniform practice for hams in the area and assist you in building or tailoring a station for Emcomm, and be informed of what we are doing in the area. This is NOT a separate group, it is merely club members offering other club members advice, discussion, education, and training on just one aspect of the hobby. It is open to ALL members. Consider it an AARA club function. The better the participation, the more the Workshop will realize its intended purpose.

These workshops would be held in addition to club meetings at the Red Cross in Scott, LA.

The first AARA Emcomm Workshop will be held at 6 PM, AUG 6 at the Red Cross building prior to the meeting. You are not required to bring any equipment initially. As the Workshop grows, then you can bring your gear, especially if you want a hands on tutorial.

The workshop will finish up prior to the club meeting, so you can join us for the meeting.

See You There.
Thanks,

Mark W5GTI
AARA President

AARA General Meeting

Thursday August 6, 2015 7:00 PM at the Red Cross Building, 101 N. Pat St., Scott, LA.

VE Testing at 6:00 PM
AARA Emcomm Workshop at 6:00 PM

DATES TO REMEMBER

GENERAL MEETING

August 6, 2015 @ 7:00 PM
 Red Cross Building
 101 N. Pat St. Scott, LA
VE Testing Tonight @ 6:00 PM

AREA HAMFESTS

Shreveport/Bossier City 2015
 August 8, 2015

Local 2-Meter Nets

Sunday

Opelousas Area ARA Net 7:00 PM
 147.150 PL 103.5 Carencro, LA

Monday

AARA Monday Night Net 7:00 PM
 146.820 - PL 103.5 Lafayette, LA

Tuesday

Acadiana ARES Net 7:00 PM
 145.370 - PL 103.5 Lafayette, LA

Wednesday

Bodie's Memorial DX Net
 145.410 New Iberia, LA

Thursday

Youth Net 7:00 PM
 146.820 - PL 103.5 Lafayette, LA

AARA OFFICERS 2015 - 2016

President - Mark Saltzman W5GTI
 w5gti@cox.net

Vice Pres. - Larry LeBlanc KE5KJD

Secretary - Abbi Wilson KF5BEW

Treasurer - Archie Hill—W5AG

BOARD MEMBERS

Glen Thibodeaux - KF5FNP

Ric Wallace - KF5KEL

Tom Dischler - W5OHJ

Kendra Wilson - KF5FYS

QSL MANAGER

Roland Guidry - NA5Q

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The **LARC** is published monthly by the:

Acadiana Amateur Radio Association

P. O. Box 51174

Lafayette, Louisiana 70505-1174

Regular meetings 1st Thursday of each month at 7:00 p.m. at the American Red Cross Building, 101 North Pat Street, Scott, LA



Astronaut Mike Fincke KE5AIT, and friends at the ARRL 2015 Dayton Youth Forum luncheon.

From left to right; Jordan Sirmans - KK4TSF, Daniel Onan - KD8NSV, Kendra Wilson - KF5FYS, Jesse Shulins KB1YNK, Abbi Wilson - KF5BEW, Austin Rife - K8KXN, Faith Hannah Lea - AE4FH, Marcus Precht - KC3FAI, Chris Blackwood - KD2CXCC, Aechariah J. Lee - WX4TVJ, Tom K. Jose - VU2TO, Sam Case - KG7HBY, Tyler Hammond - KD8UAY, Madison Sweitzer - KB3URT, Brandon P. Giek - WA9REV, and Cameron

AARA Teens at 2015 Dayton Hamvention

On Saturday May 16, Carole Perry, WB2MGP, moderated the Youth Forum, which featured presentations from eight talented young radio amateurs, each of whom — along with eight additional young hams selected during a prize drawing — enjoyed an ARRL-hosted luncheon with Astronaut Mike

“These 16 young hams are already contributing to the second century of our Amateur Radio Service!” said ARRL Education Services Manager Debra Johnson, K1DMJ.

Galen Wilson - KF5BET, whose daughters Abbi - KF5BEW, and Kendra - KF5FYS, were among the forum presenters, expressed appreciation to Perry and to the League “for the awesome support given to the forum, the presenters, and the youth.” Wilson said his family “was overwhelmed with the magnitude of support” the youngsters received during their first Hamvention. “This was truly an experience of a lifetime for my girls,” he added.



We are proud of our girls!

JULY AARA CLUB MEETING MINUTES

July 2, 2015

MEETING:

President Mark Saltzman, W5GTI, called the meeting to order. Herman Campbell, KN5GRK, led the club in prayer. All said the Pledge of Allegiance. All club members introduced themselves and were asked to share anything new they were doing, inside or outside of radio.

Minutes:

The June Minutes were submitted by Abbi Wilson, KF5BEW. The minutes were accepted on motion by Danny Daigle, KD5JSM, seconded by Galen Wilson, KF5BET.

Treasurer's Report:

Jackie Wallace, KF5PCH, motioned to forgo treasury report for the July General Meeting until next month (as Archie Hill was not able to attend the meeting); Paula Romero, KF5CNS, seconded.

Old Business:

SkyWarn Classes - Mark mentioned the SkyWarn classes, and for anyone interested, it was going to be held at the Red Cross building. The date was still undetermined; Herman offered to email club definite details.

Lydia Repeater - After acquisition of the Lydia repeater, Mark announced it is now in the Monday Night Net repeater rotation schedule, bringing the total number of repeaters in the rotation to four. The repeater schedule can be found in the LARC.

Field Day - Ric Wallace, KF5KEL, said those at the Farmer's Market were happy with the club and the club's Field Day presence. They have invited the club to have Field Day there next year. Mark said he spoke to a few people from the general public who were interested in the event. Glen Thibodeaux, KF5FNP, suggested better/more signs to direct people from Farmer's Market entrance to the actual spot of operation. There was no shortage of rain this past Field Day! There were approximately 40 club members + family in attendance, for a total of 70 people. Many thanks to those who came early to help set-up and stay late to help take down. The club was well stocked with equipment. We had a satellite club link-up (Thanks, Paul!). There was not a visit from an elected official or service organization, and we didn't get a satellite QSL. There was, however, an education activity (MESH Network was one of them), and our youth element was established. Had plenty of go-to station contacts.

Within half the time, the club was within 30 contacts of our grand total from last year's Field Day. Ric - KF5KEL spoke a bit about the club's Field Day classification - 2A vs. 4A. The club assumed classification 3A the previous year. He said 4A is doable for the club. He said his computer interface died during Field Day. He mentioned that no rigs were seen inactive at any time throughout the course of the event—there were no lack of operators. Larry shared that the club made 922 contacts this year. He said the club made 950 last year, yet we only operated about half the time we did as last year due to inclement weather. Overall successful Field Day.

Old Unfinished Business:

Club Logo - All entries have been submitted for club logo change. Designs will be presented at the August meeting and the club will vote yes or no for the change.

Club Certificate - Can't move forward until the logo is confirmed. After which, certificate will be finalized and recipients suggested.

Red Cross Building - Glen spoke of what still needs to be finished on the building, including cleaning the gutters, trimming the trees, and the roof still needs to be fixed. He said another work afternoon of fixing lights and ceiling panels, and putting up antennas, is in the future. Glen said he would send out an email to the club with the official workday details.

New Business:

Sulfur Affiliate Club - Jim Bookter - N5NVP, spoke about the Sulfur Club as a possible affiliate club. They are a rising club, now with twelve members. He mentioned that there are 37 active affiliated clubs in Louisiana, four of which are ARRL Special Service Clubs.

Club Inventory - The fate of unused club inventory is still undecided. Mark proposed a few items for sale; to be donated; auctioned; etc. He said if selling AMOS is still an option, we should do it while it's still of some value. It was used once this past year—the insurance is too expensive considering how infrequently it's used. Jackie - KF5PCH motioned to approve the sale of Amos; Bob - K5IVR seconded and all approved. Mark mentioned that the By-laws state that club inventory is to be offered to club members before the general public. Tom Dischler - W5OHJ made a motion to sell AMOS for a minimum of \$1500. Jackie - KF5PCH seconded.

Ric suggested putting an ad on the reflector, to all club members, regarding the sale of AMOS. It was also decided that club members can solicit offers from non-members. Ric motioned for the idea; Tom seconded. Dave Redfearn - N4ELM, asked what club officer is the final authority to agree to the sale, not solely for AMOS, but for any inventory. Tom also mentioned the possibility of DMV legality entanglements regarding title transfer. Jackie asked about equipment on AMOS. Mark confirmed there is equipment on AMOS but it is not part of the sale. Other inventory items for sale include a gasoline generator (in need of repair), since we now have the new Honda generator. Ric motioned to remove the generator from inventory; Paul McCasland - K5KNY, seconded. Mark said that since Danny - KD5JSM has housed the generator for so long, he would like to donate it to him. Tom - W5OHJ motioned to accept; Glen - KF5FNP seconded. He thanked Danny for all his help with storing inventory. He said there is also a smaller generator inside club locker at Danny's that is used to run AC. It is assumed to be a 3k. He suggested the starting selling price to be \$50 **AS IS**. Glen - KF5FNP made a motion and Tom - W5OHJ seconded. Mark asked for a motion to remove the Dusen repeater. Kathy Daigle - KD5TJZ, made a motion and Larry - KE5KJD seconded. All approved.

Special Events - Mr. Herman mentioned the SATERN QSO Party – July 1st to July 5th. Mark mentioned our next planned special event for the club is the Tour du Teche three months from now. Mr. Mark is looking, and accepting suggestions, for ideas for new special events. Danny suggested the Tabasco anniversary event at Avery Island.

Presentation - Paul K5VSH had planned to do a presentation (with handouts) about helping new operators choose their best antenna. The presentation was put on hold until another time due to meeting running long.

Tom W5OHJ motioned to adjourn the meeting and was seconded by Jackie KF5PCH. All agreed.

Abbi Wilson KF5BEW
AARA Secretary

AARA Board Meeting - July 2, 2015

A board meeting was held at the Red Cross Building at 6:00 pm prior to the July AARA General Meeting for July. The following Items were discussed during the meeting.

1. AMOS: The vehicle is becoming a liability for the club. Maintenance for the van has been removed from the budget and it is no longer registered or insured. The board decided it would be best to sell the van now before it degrades any further and won't be worth anything. Glen - KF5FNP, stated the van was worth approximately \$1500.00. Mark - W5GTI, suggested the board authorize the selling of the van at the general meeting. The process for selling would be as follows:
 - a. Receive approval to sell the van.
 - b. Offer the van to any club member with a starting price of \$1500.00. If no club member is interested, the van would then be offered to the general public with a selling price of \$1500.00.
 - c. The funds of the sale would be deposited into the general fund for club use.
2. Liquidation of various pieces of equipment no longer used.
 - A. Small generator. There is a small generator in the club storage unit. This unit was used to power the A/C unit in Amos. Ric - KF5KEL, suggested auctioning off the generator with a minimum bid of \$50.00 "as-is". The condition of the generator is not known at this time.
 - B. The old 146.820 repeater. This repeater was functioning when removed from service, but it has also been in several for a long time and is quite out of date. There are no cans and it is a analog system. The radios are Motorola.
 - C. A 2 element 40m beam. This beam is not used and the last time it was used, it was dangerous to put up and ran high SWR readings. Not sure who owns or donated this antenna. Will have to do some investigation on this antenna before anything is done.
 - D. The large Onan generator on a trailer. This generator needs repair since it will only run for a little while before dying. It is not clear whether it is a carburetor or an ignition problem. The suggestion was made to donate it to Danny - KD5JSM, since he has stored the club equipment for many years. All agreed.
3. MFJ donated a tripod base for our fiberglass portable mast. We need to add this item to the inventory list. It is currently located on the antenna trailer. Model #1921.
4. There are also some general items that can be auctioned off. The board will discuss what items can be auctioned.
5. Windows 2000 computer was located in AMOS. This computer is bad. Larry asked what to do with it. The computer is dead and did not run correctly. It was decided to install Linux on it and put it at Red Cross as a club computer along with the radio setup.
6. If a member would like to borrow club equipment, a simple majority from the board members will need to approve before the equipment can be loaned out. Danny will not be able to loan out equipment. The board will approve the distribution of equipment. Once approval is done, Abbi will note who has the equipment and will also check the equipment back in. There was mention of some currently some missing equipment that needs to be tracked down. Larry will work on finding the missing equipment.
7. Larry - KE5KJD suggested the club possibly purchase a 10m beam. If we had a beam, there would have been much more contacts from Field Day. The board agreed to ask for a donation of the beam utilizing Herman's email reflector.
8. Glen - KF5FNP suggested the club purchase a "good" watt meter such as a Bird. Larry suggested the club purchase a wattmeter that is more simple to use if the club general membership is going to use this equipment. Ric suggested a digital wattmeter. The board agreed to research this purchase prior to bringing the motion to the general club. Ric - KE5KEL and Larry - KE5KJD will research what is available.

Tom W5OHJ made a motion to adjourn and Ric KF5KEL seconded. All agreed. The meeting was adjourned.

Attendees:

Mark Saltzman - W5GTI, Larry Leblanc - KF5KJD, Abbi Wilson - KF5BEW, Herman Campbell - KN5GRK, Glen Thibodeaux - KF5FNP, Tom Dischler - W5OHJ, and Ric Wallace - KF5KEL.

Regards,

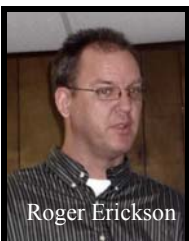
Abbigail Wilson, KF5BEW
Secretary AARA



SkyWarn Training Session July 23, 2015



A SkyWarn Training Session was held at the American Red Cross building, 101 N. Pat Street, Scott, Louisiana at 7:00 PM on July 23, 2015.



Roger Erickson

Roger (aka Rain Gauge Roger) Erickson KD5BUI from the Lake Charles National Weather Service did the presentation assisted by Ed Roy WA5TNK Lafayette Parish Emergency Coordinator.



Ed Roy

The presentation stressed the value of amateur radio operators in providing weather information to the National Weather Service from

their local observations which are not available via weather radar because of the curvature of the earth and radar path.

Discussions on how, when and what observations needed to be reported which included slide presentations on cloud formations, wind speed and direction, precipitation and hail identification and other weather phenomenon that need to be reported.



Those attending were: Roger Erickson KD5BUI, Ed Roy WA5TNK, Courtney Roy WA5ROY, Bob K5IVR & Priscilla KG5GKJ Cooley, Kris Wotipka KD5QYV, Archie Hill W5AG, Greg Dolan K5LFT, Danny KD5JSM & Kathy KD5TJZ Daigle, Ramona Jobe KG5HNO, Herman Campbell KN5GRK, Larry LeBlanc KE5KJD, Mark Saltzman W5GTI, Glen Thibodeaux KF5FNP, Keith Barnes W5KB, Galen Wilson KF5BET, Steve Webre AF5VR, Steve Mahler KF5VH, Bob KD5AYK & Joy Cleveland, Tom W5OHJ & Dee Dischler, Chad KG5AYJ & Samuel KG5AYI Haviland, and Derek Meche WM5TS.

With the help of Mr. Ed Roy WA5TNK (Lafayette Parish EC), the AARA will be hosting an Advanced SkyWarn Class presented by Mr. Roger Erickson KD5BUI of the Lake Charles National Weather Service.

The class will be held at the Red Cross Building on 101 N. Pat St. in Scott, LA on **August 19, 2015 at 7PM.**

All amateur radio operators interested in Advanced SkyWarn are encouraged to attend.

Literature may be provided, however, please bring pen and paper if you wish to take notes.

Hope to see you there.

Mark W5GTI

To report severe weather to the Lake Charles National Weather Service, you can call: (337) 477-5285 Ext. 1

Tid-Bits

by Herman KN5GRK

December will mark 10 years as editor & publisher of the AARA newsletter LARC and I have been in the process of putting all of the past issues (2006-2015 1/2) of the Acadiana Amateur Radio Association, Inc. (AARA) newsletter "LARC" onto a DVD. They are in both Microsoft Publisher and Adobe .PDF format.

Our newsletter is one way we can archive what our club has been doing over the past several years by viewing the monthly minutes. For quite a few years the minutes were not published in the LARC. I plan to make the DVD available to members for a nominal fee to cover cost and handling.

I would like to thank the Lafayette Salvation Army for the use of their copy machine to produce the hard copies that are mailed out each month (about 28) and also thank Gulf South Printing & Specialties for donating paper for printing & labels.

I have been asked by our club president to do a presentation on NTS traffic handling in the near future. This will be using the standard ARRL Radiogram format. If you are a ARES member, you are supposed to be able to format, transmit and receive messages in this format.

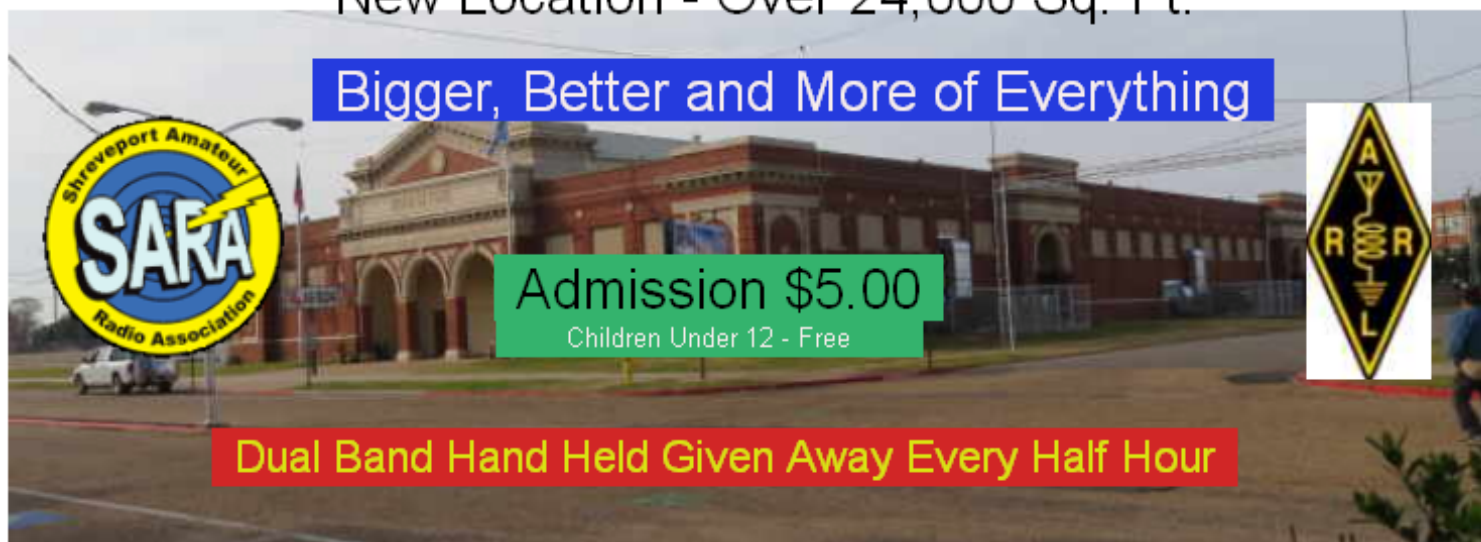
I will notify our V. President Larry LeBlanc KE5KJD when I will do the presentation.

The ARRL Board of Directors has approved a \$10 increase in the League's annual dues rate, effective January 1, 2016. <http://www.arrl.org/news/>

School will be starting in August.

PLEASE DRIVE CAREFULLY AND WATCH FOR OUR KIDS!

2015 Shreveport Bossier Hamfest New Location - Over 24,000 Sq. Ft.



Coming August 8th 2015

Major Vendors and Manufacturers

Main Trading - MFJ - Palmetto Antenna - The Sign Man of Baton Rouge - Houston Amateur Radio - Expert Linears America, LLC - RT Systems - Tri-State Battery - Lee Rhoden - J & S Electronics - Sam Adams, Satellite Sam - MCM Computers - My Pin Money Travel - Be Ready Solar - ARES - D-Star - AMSAT - Ten Ten International - Wilson Creek Antennas.

Presentations

9:00-9:50.....George Thomas of Ham Nation & Amateur will appear in person this year.

10:00-10:50.....Tommy Gober N5DUX - WebSDR with Raspberry Pi.

11:00-11:50.....ARRL Louisiana Section and Delta Division, Jim Molan KD5IGG, Louisiana Section Manager, and David Norris K5UZ, Delta Division Director.

12:00-12:50.....Available time slot awaiting confirmation by major vendor.

1:00-1:50.....Louisiana Contest Club. Guests are welcome.

First Prize



Second Prize



Kenwood TS-480SAT

Over 30 Door Prizes

K5JMR Donated 15 Radios to be given away. You must be present to win.

Dual Band Hand Held Given Away Every Half Hour.

All 170 tables sold - none left!

RASPBERRY PI!

TOMMY GOBER - N5DUX has volunteered to do a presentation on WebSDR with Raspberry Pi at the Shreveport Hamfest on August 8, 2015 from 10:00-10:50.

Come learn the basics of setting up a WebSDR receiver on Linux using a Raspberry Pi, Softrock and a broadband internet connection. It's about as barebones as you can get with a software-defined radio!

Tommy Gober, N5DUX, is an ARRL Life Member and instructor for the ARRL Education Technology Program. By day, he is faculty at LeTourneau University in Longview, TX, as well as a doctoral student with the University of Texas Rio Grande Valley. He has been an Extra since 2005.

Tommy did this presentation at HamCom for an overflow crowd!

Set-up Times

Friday 2:00 PM to 7:00 PM

Saturday 7:00 AM to 8:00 AM

For more information about the Shreveport Amateur Radio Association (SARA) go to our website at www.K5SAR.com! There is a RED hamfest button on the right side for detailed Hamfest information!

JULY 2015 ACADIANA AREA 2 METER NET REPORTS

NET	SESSIONS:	TOTAL CHECK-INS:	TOTAL TRAFFIC:	TOTAL TIME: Minutes	Net Manager
AARA Monday Night Net	4	57	Ø	121	W5GTI Mark
OAARC Net - Opelousas Area Amateur Radio Club	Net Control Operator Needed				
Acadiana ARES Net	4	21	Ø	62	N5LRZ Ray
Bodie's Memorial DX Net	5	20	2	120	N5LRZ Ray
Youth Thursday Night Net	5	55	Ø	112	KF5BEW Abbi KF5FYS Kendra
<p>"Everyone deserves a standing ovation because we all overcometh the world". - Unknown</p>					

AARA Monday Night 2 Meter Net Rotation

Mark W5GTI, the net control station, for the AARA Monday Night Net had suggested that the net be rotated between three different area repeaters. Here is the August 2015 schedule:

DATE:	TIME:	REPEATER:	PL TONE:
8/03/2015	7:00 PM	145.410 W5DDL/R	NONE
8/10/2015	7:00 PM	145.370 KF5VH	103.5
8/17/2015	7:00 PM	147.420 SIMPLEX	NONE
8/24/2015	7:00 PM	147.040 W5EXI	103.5
8/31/2015	7:00 PM	146.820 W5DDL	103.5

When using the SkyWarn 145.370 repeater, be sure to use the receiver PL Tone for your area in Lafayette Parish as follows:

NW Quadrant 114.8 - NE Quadrant 127.3 - SW Quadrant 141.3 - SE Quadrant 94.8.

The August 2015 schedule can be downloaded and printed in Adobe Acrobat .PDF from the club website at:

[http://www.w5ddl.org/clubsite/files/monday net.pdf](http://www.w5ddl.org/clubsite/files/monday%20net.pdf)

Notice: Mark W5GTI announced again that he would continue the AARA Monday Night Net contest for 2015.

The top 10 check-ins on the Monday Night AAARA Net during 2015 will get their call/name entered into a drawing and a winner from the top 10 check-ins will receive a Chinese import dual band handi-talkie paid for by Mark W5GTI. **HOW ABOUT THAT?** So be sure to check into the net and thanks to Mark in keeping the net active.

AARA



UPCOMING BIRTHDAYS

8/5	ROY	NG5X
8/9	GLEN	KF5FNP
8/12	ROBERT	KE5WZK
8/22	PHOEBE	KC5VRN
8/23	PAULA	KF5CNS
8/24	ESTHER	N5YOP
8/31	RODERICK	KG5BHW
9/6	STEPHEN	KF5VH

Some members failed to put their birthdays on their applications for renewal / membership causing some names to be missing from the

LIGHTHOUSE / LIGHTSHIP WEEKEND

August 15 & 16, 2015

The Bayouland Emergency Amateur Radio Service (BEARS) will be operating from the **SW Reef Lighthouse** US0176 (Berwick) on Saturday and Sunday 1500 Z to 2100 Z. 14.260 MHz, 7.265 MHz, EchoLink 507010 W5BMC-R, IRLP Node 3670. It is not a contest; it is to make contacts and publicize the lighthouse and the Town of Berwick.

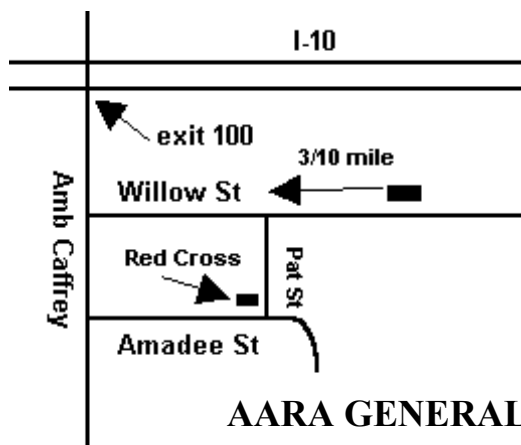
QSL - Jackie Price KA5LMZ, 708 Front St., Morgan City, LA 70380.

Check out website at: <http://townofberwick.org/lighthouse.html>



Acadiana Amateur Radio Assoc., Inc.
P. O. Box 51174
Lafayette, LA 70505-1174

Website: <http://www.w5ddl.org>



Share the Fun - Bring a
Friend to be a HAM !

AARA GENERAL MEETING

August 6, 2015 @ 7:00 PM

Red Cross Building - 101 N. Pat St. Scott, LA

VE Testing Tonight @ 6:00 PM

AARA Emcomm Workshop @ 6:00 PM

Lunch Bunch - Each Wednesday 10:45 AM - 2:00 PM

Golden Corral - Amb. Caffery - Lafayette, LA

Check 146.820 PL 103.5 - repeater for info.

COMPLIMENTARY
ISSUE



Crockpot Bell Peppers Stuffed with Salsa Rice and Beans

<http://www.recipe4living.com>

Ingredients:

- | | |
|---|--------------------------------------|
| 4 large bell peppers | 1 can crushed tomatoes -- (14.5-oz.) |
| 2 1/2 cups cooked white or brown rice slow-cooked or one 15.5-ounce | 1/2 tsp. ground cumin |
| 1 1/2 cup slow-cooked or one 15.5-ounce can red kidney beans drained and rinsed | 1/4 tsp. dried oregano |
| 1 cup tomato salsa | 1/2 tsp. sugar |
| 3 scallions - chopped | salt and freshly ground black pepper |

Directions:

Use red, green, or yellow bell peppers and hot or mild salsa, according to your preference. Slow Cooker Size: 5 1/2 to 6 qt. Cook Time: 4 hours and setting: low. Cut the tops off the bell peppers, save them for later use, and remove and discard the seeds and membranes. Arrange the peppers upright in a 5 1/2- to 6-qt. slow cooker. In a medium-size mixing bowl, combine the rice, beans, salsa, and scallions and season with salt and pepper to taste. Mix well. Fill the pepper cavities evenly with the rice mixture, packing it lightly. Replace the pepper tops. In the same bowl, combine the tomatoes, cumin, oregano, and sugar and season with salt and pepper to taste. Pour over and around the peppers in the slow cooker. Cover and cook on low for 4 hours, until the peppers are fork-tender but still hold their shape. Serve hot.



FCC Information Service

Toll Free (WATS) for Amateur Radio license inquiries about new/vanity call signs: 888-225-5322. This will connect you the FCC National Call Center, handled by the FCC's Consumer Information Bureau. Amateurs having ULS problems or questions should contact the FCC's ULS Technical Support staff at: 202-414-1250 or:

ulscomm@fcc.gov.

FCC Website:

<http://wireless.fcc.gov/uls/>

New call sign information can also be obtained from the ARRL/VEC at 860-594-3000.

<http://www.arrl.org/arrlvec>

The mailing address to the FCC is:

Federal Communications Commission, 1270 Fairfield Road, Gettysburg, PA 17325-7245